

# Nutrition Facts

Serving Size 1 cup (228g)  
Servings Per Container about 2

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**Amount Per Serving**

**Calories** 250      Calories from Fat 110

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% Daily Value*	
<b>Total Fat</b> 12g	<b>18%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 3g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 470mg	<b>20%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 5g	
<b>Proteins</b> 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**1** Serving Size

**2** Amount of Calories

**3** Limit these Nutrients

**4** Get Enough of these Nutrients

**5** Percent (%) Daily Value

**6** Footnote with Daily Values (DVs)

For educational purposes only. This label does not meet the labeling requirements described in 21 CFR 101.9.